

December Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Activities are subject to change.		Department of Aging Special Events (Paid Reservations are required) Friday, December 8: Cruise the USS Emmitsburg Friday, December 29: Lunch at Buttersburg Inn	
4 Health Education 101 "10 Causes of Infection" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club	5 Health Education 101 "10 Causes of Infection" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 4:30 Closed for Supper Club 5:00 *Supper Club: Manalù Italian Restaurant	6 Health Education 101 "10 Causes of Infection" 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Artful Creations: Design & Dye a Silk Scarf	7 Health Education 101 "10 Causes of Infection" 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing
11 Nutrition Minute "Holiday Food Safety" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	12 Nutrition Minute "Holiday Food Safety" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Pizza Supper 5:30 Literary Showcase with Urbana High School Students	13 Nutrition Minute "Holiday Food Safety" 10:45 Daily Exercise 11:30 MAP: How do I survive the holidays? 12:30 *English Class 12:30 *Yoga Class 1:00 *Holiday Craft: Sugar Snowman	14 Nutrition Minute "Holiday Food Safety" 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise 11:00 Blood Pressure Screening Noon *Lunch with Nurse Steve "Is laughter really the best medicine?" 1:00 Cards and Games 1:30 *Line Dancing
18 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 1:00 Rummikub	19 First day of registration January-March day trips 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 5:00 *Soup/Sandwich Supper 6:00 *Winter Paint Night with Holly and Alice	20 Bring your own lunch 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga 1:00 Cards/Games	21 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise Noon *Holiday Luncheon Reservations due Dec. 13 1:00 Cards and Games 1:30 *Line Dancing
25 Center is Closed 	26 Center is Closed 	27 10:45 Daily Exercise 12:30 *English Class 1:00 Cards/Games 1:00 Movie Matinee: "The Lemon Drop Kid"	28 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise Noon *New Year's Eve Lunch Reservations due Dec. 20 1:00 Cards and Games

(see other side for program highlights)